

Naval Hospital Bremerton *Tidings*

“Keeping the Home Fire Burning”

Vol I, No. 10



NHB Celebrates Hispanic American Heritage Month

By MC1 (SW) Charlemagne Obana, NHB Assistant Public Affairs -- Naval Hospital Bremerton staff members filled the quarterdeck Oct. 12 to celebrate “Diversity United, Building America’s Future Today,” this year’s Hispanic American Heritage Month theme.



The young boys and girls of Nobleza Folklorico dance group perform Jarabe Tapatío (Mexican Hat Dance), Mexico’s national dance, on NHB’s quarterdeck during the Hispanic Heritage Month Celebration. The theme for this year’s celebration is “Diversity United, Building America’s Future Today.” (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Charlemagne Obana).

The recognition ceremony was filled with vibrant decorations, ‘ballet folklorico’ performances from youthful dancers, and ample songs, speeches, and foods.

“I have been in the Navy for 15 years and this is the first Hispanic American Heritage celebration I have seen because of operational tempo and it’s an honor to be a part of it,” said NHB Medical Services directorate Leading Petty Officer Hospital Corpsman 1st Class (SCW) Eduardo Navarro, first generation Mexican-American, diversity council member and master of ceremonies for the celebration.

“It’s a national theme of diversity and I hope others can appreciate the culture and the contributions of all the Americans that trace their roots from Spain,

Mexico, the Caribbean, Central and South America.”

“This is one of the most exciting events of the year. I’m very excited to be a part of this ceremony today. We have a rich Naval history of Hispanic heritage which includes Adm. Farragut, the Secretary of the Navy, Asst. Secretary of the Navy, Asst. Secretary of the Navy for Manpower Affairs and several other very distinct members within our Hispanic heritage serving in the Navy,” said NHB Director for Administration Cmdr. Brendan Melody.

“It is a privilege to support the military. My heart goes out to all of you who serve our nation,” said Director of Kitsap Immigrant Assistance Center Martitha May, one of the event guest speakers.

“The purpose of our center is to provide support for a multicultural climate by assisting immigrants to be contributing members of our community. We also support multi-ethnic community events such as this.”

May then introduced the Nobleza Folklorica children dancers who entertained the audience with five dances including La Raspa, Las Chapaletas, and Machetes.

Not to be outdone by the talented dancers of Nobleza Folklorica, Naval Branch Health Clinic (NBHC) Bangor Diversity Council members showcased their talents with Hospital Corpsman 2nd Class (SW) Jason Span performing a dance from the Don Quixote ballet and Hospital Corpsman 1st Class (FMF) Julian Rodriguez performed El Sube Y Baja (The Teeter Totter) and El Circo (The Circus) on the accordion.

After the performances and presentations, the audience was treated to authentic Hispanic dishes such as pozole (chicken soup with hominy), pulled pork, Spanish rice, flan, and Mexican pastries along with barbeque ribs.

“My favorite was the pozole,” said Rodriguez. “It was very authentic. I felt right at home.”

Hispanic (American) Heritage Month began as Hispanic American Heritage Week by then-President Lyndon Johnson in 1968. *continued on page 2*



The young girls of Nobleza Folklorico dance group perform Los Capetates on the Naval Hospital Bremerton quarterdeck during the Hispanic Heritage Month Celebration. The theme for this year's celebration is "Diversity United, Building America's Future Today." (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Charlemagne Obana).

cont. from page one— NHB Celebrates Hispanic American Heritage Month

It was later expanded to the month-long celebration, Sept. 15—Oct. 15, by then-President Ronald Reagan in 1988.

"The observances from September to October such as Independence Day, Dia De Los Muertos, most of our holidays and beliefs come across during that time period. It is ideal that the Hispanic heritage month celebration happen during this time period," said NHB Orthopedics Leading Petty Officer Hospital Corpsman 1st Class Elizabeth Ramos, asst. diversity officer, main coordinator for the celebration, and second generation Mexican-American.

"Like all of our diversity council celebrations, I hope people learn something new about other heritage and I hope they have fun."

**Naval Hospital
Bremerton Tidings
is an official
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currently forward deployed and their families.**

CAPT Christopher Culp, MC, USN Commanding Officer
CAPT Maureen Pennington, NC, USN Executive Officer
CMDCM, Douglas George, Command Master Chief

Join in with your command, Naval Hospital Bremerton and the nation in celebrating American Indian and Alaska Native Heritage Month, which will be observed Nov. 1 through Nov. 30.

*The 2012 national theme,
"Serving Our People, Serving Our Nations: Native
Visions for Future Generations"*

encourages the nation to reflect and celebrate the cultures, histories and traditions of the indigenous peoples of North America, including parts of Alaska and the island state of Hawaii.

NHB SARP new Outpatient Program to provide preventive care to those in need

By Douglas H Stutz, Naval Hospital Bremerton Public Affairs -- Naval Hospital Bremerton's Substance Abuse Rehabilitation Program (SARP) is following Navy Medicine's core vision of patient-centered health care by preserving health and maintaining readiness with a new Outpatient Program workshop than began on Oct. 29.

According to Operations Specialist Senior Chief Nick Desoto, NHB SARP counselor, NHB's SARP is enhancing the focus on how service members and their dependents may use and abuse alcohol. The Outpatient Program services will offer assistance in making better, healthier choices for dealing with stressors other than alcohol to active duty, family and retirees who are primarily 18 years and older.

"Our goal is to work with those who don't meet the criteria for higher level of care but will if they continue on in their current way of using alcohol. Our focus is to be preventive in the future, and currently acknowledge any abuse. We want to save families, save Sailors and catch them before they fall," said Desoto, adding that NHB SARP follows American Society of Addiction Medicine guidelines in providing various levels of treatment, care and continual care.

SARP will combine rehabilitation and counseling services, along with substance abuse prevention education. The two-week program with intensive workshops and one-on-one counseling is designed to support the military community with education and support to foster leadership and readiness.

"This is really a pre-cautionary measure to avoid dependency and help our service-members be successful in dealing with alcohol," Desoto said.

Desoto notes that the Outpatient Program will concentrate on binge drinking and other unsuitable or counterproductive behavior that may lead to alcohol de-

pendence. "In turn, the ability to assess those individuals before criteria of dependence will help in achieving overall combat readiness by providing service members the proper education and coping skills to find other outlets besides alcohol and drug abuse," he said. The Outpatient Program curriculum will be lecture-focused augmented by individual counseling. The workshop is in a group therapeutic environment with

one-on-one counseling sessions with a certified drug and alcohol counselor.

The Outpatient program also strongly adheres to Navy Medicine's guiding principles of 'Ship, Shipmate and Self.' Ship is in reference to taking care of the mission, patients and those seeking care. Shipmate refers to taking care of each other. When someone starts to veer

off course or starts to show signs of trouble, the aim is to render assistance. Self is about taking care of oneself and being strong enough to ask for help and guidance if needed.

"When our military members are clear in their thinking and able to manage stress in healthy ways (sans alcohol), then the true committed spirit of the individual is maximized. Man-hours and mission commitments are not compromised by hangovers, alcohol-related incidents, and emergency room visits. Individuals and commands begin to show pride in their movement to a healthier work force," stated Desoto.

Topics range from stress management to the attitude and beliefs of alcohol. The program also integrates information on nutrition, physical readiness, sleep hygiene, and includes referral agents for PTSD, Tobacco Cessation and mental health issues.

"We know that not everyone who drinks has a drinking problem. The challenge of talking to a young Sailor or Marine about a possible drinking problem is that there are some 20-24 year old college counterparts who binge drink, weekend party, and that behavior for the most part is accepted in our culture.

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cont. from previous page — **SARP new Outpatient Program**

A high percentage of service members have been down range, done stressful deployments and arduous work-ups and the thought process for some is that it's not fair that they would have to face a different standard and bottom line, they think they're too young to have a problem," explained Desoto.

The word has gone out to every command DAPA that if there is a Sailor that they recognize who needs to be seen and isn't really sick, this is the perfect workshop class for them to face their potential problem before it gets worse.

"The main problem I see is that Sailors and Marines are (still) hesitant to seek treatment because of the underlying stigma that seeking treatment may hinder or stagnate their career. This is not the case. It is highly encouraged to seek help before alcohol abuse leads to trouble that leads to administrative separation," Desoto said.

NHB's SARP works through commands with high-operational tempo and reoccurring deployments. This brings a challenge for SARP and the command for scheduling. The benefit of the new Outpatient Program is that it is only two weeks and can build the necessary foundation for the service member to return to his/her command with a better perspective on their relationship with alcohol.

"Alcohol is a mood-altering chemical that destroys not only the ability to deal with stress, but also alters the way some people think about themselves and their ability to make good, clear choices. This happens while failing to see that the alcohol, while giving some early relief, is actually causing many of the emotional and mental problems they were experiencing," said Desoto.

NHB's SARP has continued with the Navy's de-glamorization campaign on alcohol and the new Outpatient Program is hoped to continue with that process.

"Focusing on abstinence and responsible use of alcohol for those who are not diagnosed with alcohol dependence are ways (we're doing this). SARP is also initiating education related to the true story behind alcohol use which is to teach members that excessive alcohol use creates a neurological disorder which can result in many physical and mental illnesses that can result in death. It's a serious illness and one that is often overlooked or ignored because of the history of glamorization that is attached to it. Education is key to the arresting of the disease," said Desoto.

There is also a SARP Family Program specifically designed to assist spouses that will commence in January with a weekly lecture series open to the public.

Desoto also acknowledged that NHB SARP has been needing outpatient care and family-centric services to deal with dependents of those with addiction issues. We need to educate them to know what they are going through such as dealing with denial, along with learning other skills and teachings," stressed Desoto.

"There has been a great need and now it's possible to offer the Family Program to those 17 and older," said Hospital Corpsman 1st Class Morgan Notel, SARP counselor who will lead the SARP Family Program.

The mission of NHB's SARP is to offer help and hope to individuals and their family members affected by alcoholism. SARP has several levels of treatment available to help people recover from the addiction such as counseling and rehabilitation programs. The choice decided upon depends on the type of addiction and SARP staff members can help guide and assist in making the best decision to help achieve lasting results.

Naval Hospital Bremerton Substance Abuse Rehabilitation Program (SARP) counselors are seeking assistance from Sailors outside the program. For more information on SARP and application guidance, contact John Vaughan via email at John.Vaughan@med.navy.mil or at 360-475-4219.

NHB Energy Action Month Raises Energy Awareness

By MC1 (SW) Charlemagne Obana, NHB Assistant PAO – Naval Hospital Bremerton (NHB) Facilities Management Department Environmental Division staff members presented the National Energy Action Month display on the quarterdeck to educate staff and beneficiaries Oct. 25.

“Energy awareness events such as this one teach staff and patients to be vigilant in identifying energy efficiency opportunities and then taking action to save energy,” said Naval Station Everett Resource Conservation Manager John Payne.

Payne, a local energy expert, was on hand to instruct interested beneficiaries and staff in learning about energy conservation at home by covering subjects such as ductless air conditioning and properly weather sealing homes. He also gave away informative pamphlets and various memorabilia emblazoned with reminders to remain energy conscious.

“The Navy is becoming more focused on conservation and renewable energy sources wherever possible and lowering waste,” said Hospital Corpsman 3rd Class Blake Hite, who volunteered from his normal duties as NHB Simulation Lab Program Manager to assist in raising awareness to dress up as Brite, the Navy energy mascot to help draw attention from passersby. A static display highlighted the different projects being recently conducted by NHB Facilities Management Department in the hospital. The projects included the installation of time clock controls in the quarterdeck and family clinic lobbies which conserve 14 Megawatt hours per year (enough electricity to light two homes); LED parking lot lighting replacing the high pressure sodium fixtures with an expected savings on completion of 103 Megawatt hours per year (enough energy to light 17 homes); and the replacement of the boilers which currently work at 80 percent efficient with four energy efficient Condensing Boilers that work at 95.5 percent efficiency.

The expected cost savings to the hospital is 5,500 therms per year (enough energy to heat 16 homes).

NHB’s Internet Site:

<http://www.med.navy.mil/sites/nhbrem/Pages/default.aspx>

NHB’s Official Facebook site:

<http://www.facebook.com/pages/Naval-Hospital-Bremerton/163929576969000>

NHB on Navy News Service:

<http://www.navy.mil/local/nhb/>

NHB Command Ombudsman:

nhb.ombudsman@gmail.com.



NHB Commanding Officer Capt. Christopher Culp shakes hand with Hospital Corpsman 3rd Class Blake Hite, NHB SIMLAB program manager, dressed as Brite, the Navy energy mascot in the hospital command executive suite in celebration of National Energy Action Month. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Charlemagne Obana).

“Everyone should be diligent about turning off lights and using excess energy, and here at NHB facilities we’re very involved with this. Several divisions of Facilities Management such as operations, engineering, and environmental are actively looking at projects through energy audits and equipment reviews to determine more energy efficient products,” said NHB Energy Manager Robert Mitchell.

“Energy conservation is part of the command’s sustainable health care program. The program includes water conservation, chemical reduction, product substitution, and using recyclables. This affects the whole command and the bottom line by reducing the cost to operate the hospital,” Mitchell noted, adding that every incoming staff member also learns about energy conservation at command orientation.

Continued on next page 5



NHB Intensive Care Unit Nurse Lt. Cmdr Jeremiah Ingemunson and his daughter are greeted by Hospital Corpsman 3rd Class Blake Hite, NHB SIMLAB program manager, dressed as Brite, the Navy energy mascot during the National Energy Action Month presentation on the hospital quarterdeck. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Charlemagne Obana).

NHB Facilities Management Department educates them on the command efforts at improving energy efficiency and how each member can positively impact NHB by curtailing waste of energy resources.

According to Hite, the NHB education and training department is also looking to reach out to other departments throughout the hospital to keep energy conservation a focus throughout the year next year.

“We want to make people aware and continue to support energy efforts,” said Mitchell. “We continue to look for ways to reduce our energy use and encourage staff members to lend a hand and be involved in energy conservation projects, and if they see something that can be done more efficiently to let us know.”

Naval Hospital Bremerton Physical Therapy Open House a Command Core Strength

By Douglas H Stutz, Naval Hospital Bremerton Public Affairs – Naval Hospital Bremerton’s Physical Therapy (PT) held an open house on Oct. 25 for the rest of the command staff as well as patients with interactive stations, static displays and demonstrations to showcase their department.

“Our goal is to increase awareness through the ranks and promote what we do,” said Hospital Corpsman 2nd Class Kyle Hewitt, physical therapy technician, adding some have the existing misconception that all the department does to help patients to apply ice and recommend a massage. In reality, helping to alleviate physical discomfort and mitigate pain are the daily principles that take place in Physical Therapy.

“We do so much more and we do it actively with the patient by educating them what is wrong, and provide one-on-one teaching on the steps they need to take to continue whatever their goal may be such as rehabbing from surgery, or lessening a specific pain, or increasing their mobility,” Hewitt said.

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The primary overarching duty of the PT department is to help patients improve their mobility and function after surgery. The staff evaluates, educates and treats musculoskeletal ailments and disorders, and provides support for referred patients to recover, recuperate and rehabilitate. They also take time to encourage others if interested in the field.

“I came to the open house today to get a feel for what physical therapy technicians do on the job. I’m interested in applying for the school and have always wanted to help others in their recovery and rehab. I have had patients ask me questions about their recovery and rehab that I couldn’t answer and had to go and get others to explain. I want to be able to do that myself and help them in the process,” said Hospitalman Coy Ladwig, currently assigned to the command’s Multi-Service Ward.

According to HN Nicole Saldana, the most common musculoskeletal ailments and disorders that they routinely see in PT are associated with the neck, (lower) back, shoulder and knee.

“We really see a lot of people, active duty and beneficiaries, with lower back pain. Some of what we do is to explain about good posture and practice core strength exercises. We also use a traction device that is very popular and helps a lot. We teach, treat and apply traction to help with their recovery,” Saldana said.



Hospitalman Coy Ladwig gets a bone-crashing course from Naval Hospital Bremerton Physical Therapy tech HN Nicole Saldana on the most common musculoskeletal ailments and disorders that they routinely see in PT, which are associated with the neck, (lower) back, shoulder and knee (Official Navy photo by Douglas H Stutz, NHB PAO).

Motivation is a big part of the entire rehabilitation process as well as being a physical therapy technician states HM1 Adam Cerullo.



...A helping band a day helps keep the hamstring at play...

strength they need,” Frerichs said.

“We need to support and provide positive feedback when our patients are here. Many of them don’t really know how it is they’re suppose to feel and we help them find that out by continually interacting with them during their appointment. For example, if a person can’t stretch and reach by extending a shoulder the way they used to, some will just accept that fact that they have decreasing mobility. We can help them see why that is and if there is anything that has developed that we can fix during a personally-designed rehabilitation program,” said Cerullo.

Improving core strength is also stressed to many, if not all, of PT’s patients. Lisa Frerichs, PT staff member technician, shared home exercise program flyers during the open house that provided instructional focus on improving core strength.

“For example, if a person has extra pounds, then that can lead to a weak core, weak lower back, and even put the pelvic out of alignment to cause lower back pain. We can devise a series of exercises, really isometric in design, to start them on a program to help them work on the core

“The bottom line is that we’re here and a great resource to use. Our goal is to help others,” Cerullo said.



**Happy
Halloween
From
All
Of
Us
At
NHB
To
All
Of You!**

